



SASHWA

RIVER OF STARS

Sashwa Retreat Sample Itinerary

14:00	Welcoming Ritual & Arrival Take some time to settle into the space
16:00	Welcoming Meditation Sanctuary
18:00	Opening Circle Gather around the fire
19:00	Dinner Nourish



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Sashwa Retreat Sample Itinerary

05:45	Morning Meditation and Warming Drinks Riverfront Deck
06:30	Wilderness Activity Game Drive and Bush Walk
09:00	Breakfast Nourish
11:30	Yoga Session Sanctuary
13:00	Lunch Nourish
16:00	Wilderness Activity Sound Safari
19:00	Dinner Nourish



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Sashwa Retreat Sample Itinerary

05:45	Morning Meditation and Warming Drinks <i>Riverfront Deck</i>
06:30	Wilderness Activity Game Drive and Bush Walk
09:00	Breakfast <i>Nourish</i>
11:30	Yoga Session Sanctuary
13:00	Lunch <i>Nourish</i>
14:30	Creative Art Workshop Creative Studio, please bring journals
16:00	Game Drive to Koppie <i>Sundowners</i>
19:00	Dinner <i>Nourish</i>



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Let's Begin in Silence

05:45

Meditation

Riverfront Deck

06:30

Wilderness Activity

Silent Walk

09:00

Breakfast

Nourish– Silence is Observed

11:30

Yoga Session

Sanctuary – Silence is Observed

13:00

Lunch

Nourish – Silence is Observed

16:00

Game Drive

Please bring Journals – Silence is Observed

18:00

Breathwork

Breaking Silence

19:00

Dinner

Gather Around the Fire



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05:45	Morning Meditation and Warming Drinks Riverfront Deck
06:30	Wilderness Activity Game Drive and Sensory Walk
09:00	Breakfast Nourish
11:30	Yoga Session Sanctuary
13:00	Lunch Nourish
16:00	Wilderness Activity Slow Safari
17:00	Sunset Yoga Sunset deck
19:00	Dinner Nourish



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Sashwa Retreat Sample Itinerary

05:45	Morning Meditation and Warming Drinks <i>Riverfront Deck</i>
06:30	Wilderness Drive & Walk <i>Slow Safari</i>
09:00	Breakfast <i>Nourish</i>
11:30	Movement Class <i>Sanctuary</i>
13:00	Lunch <i>Nourish</i>
16:00	Wilderness Activity <i>Drive and Sundowners</i>
19:00	Dinner and Closing Circle <i>Nourish and Fire Boma</i>



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Sashwa Retreat Sample Itinerary

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| 05:45 | Morning Meditation and
Warming Drinks
<i>Sunset Deck</i> |
| 06:30 | Yoga Session
Please bring yoga mats and journals
followed by closing circle |
| 09:00 | Breakfast
<i>Nourish</i> |
| 10:00 | Departure |